



# WHEN SHOULD I QUARANTINE OR ISOLATE?



I am experiencing symptoms of COVID-19 OR I was in close contact with someone who tested positive for COVID-19 within the past 14 days. **WHAT DO I DO?**  
FLOWCHARTS ARE INTENDED FOR GENERAL GUIDANCE, PLEASE CONTACT YOUR HEALTHCARE PROVIDER FOR INDIVIDUAL GUIDANCE.

If you have  
**TESTED POSITIVE FOR COVID-19**  
and  
**HAVE SYMPTOMS:**

ISOLATE

## 10 DAYS

from the date symptoms began.

- If symptoms fully resolve, isolation may be shortened and end after day 5 on the first day without symptoms.
- Wear a well-fitting face mask for 10 full days from the start of symptoms. Isolation should not be shortened if a mask cannot be worn properly and consistently.

If you have  
**TESTED POSITIVE FOR COVID-19**  
and  
**HAVE NEVER HAD SYMPTOMS:**

ISOLATE

## 5 DAYS

from the date your test was done.

- After isolation, wear a well-fitting face mask for 5 additional days.
- Isolation should be extended to 10 days if a well-fitting face mask cannot be worn properly and consistently.

If you are  
**NOT FULLY VACCINATED\*** or **BOOSTER ELIGIBLE\*\*** BUT NOT YET BOOSTED and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

QUARANTINE

## 10 DAYS

from your last exposure.

- Quarantine may be shortened to 5 days if you have no symptoms.
- Wear a well-fitting face mask for 10 days from your last exposure.
- Stay home and get tested if symptoms develop.

If you are  
**BOOSTED** or **FULLY VACCINATED\*** but not yet **BOOSTER ELIGIBLE\*\*** and have been in **CLOSE CONTACT** with someone diagnosed with COVID-19:

QUARANTINE

## NOT REQUIRED

Unless symptoms develop

- You do not need to quarantine if you do not have symptoms.
- Wear a well-fitting face mask for 10 full days from your last exposure.
- Stay home and get tested if symptoms develop.

Please see the [STUDENT COVID-19 FLOWCHART](#) or [EMPLOYEE COVID-19 FLOWCHART](#) for next steps.

**\*\*BOOSTER ELIGIBLE-**Individuals 16 years of age or older who have completed their primary Moderna mRNA vaccine series  $\geq 6$  months ago, the Pfizer mRNA vaccine  $\geq 5$  months ago, or the J&J/Janssen vaccine  $\geq 2$  months ago.

**\*FULLY VACCINATED-**Vaccine recipients are "fully vaccinated" two weeks after they receive their second dose of the Moderna or Pfizer-BioNTech vaccine or two weeks after they receive the single-dose Johnson & Johnson (Janssen) vaccine.

**ISOLATION:** separates sick people with a contagious disease from people who are not sick.

**QUARANTINE:** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

For updated [COVID-19 SYMPTOMS](#) and [TESTING INFORMATION](#) please visit [nku.edu/covid19](https://nku.edu/covid19).